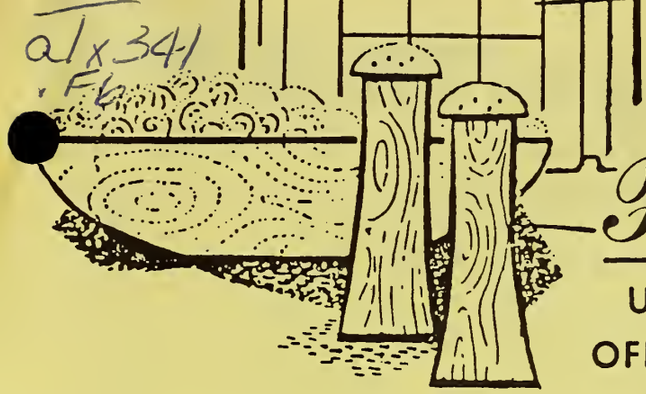

Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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In This Issue:

Did you know that too much moisture in the air around cherries and berries encourages the growth of mold and rot? U.S. Department of Agriculture specialists suggest that you are careful which vegetables you keep in cold, moist air -- it's good for green leafy vegetables, but not for most berries.

* *

Do you have adequate hydrator space in the refrigerator? If not, have plastic bags on hand to store foods that must be kept moist. Any refrigerated food that may lose quality through drying should be kept covered.

* *

Did you know that cooler air in your refrigerator moves downward and forces the warmer air near the bottom to rise? This is the air motion that dries out any uncovered or unwrapped food.

* *

Dried egg will keep its good flavor about a year...if it is stored properly.... in a refrigerator in an airtight container with a tight-fitting lid.

* *

HOW MUCH DO YOU KNOW —— ABOUT TREES?

Trees, like people, should be cared for while they're still healthy. Trees should be cared for long before they grow unsightly, hazardous, or worthless, according to the Forest Service of the U.S. Department of Agriculture. Trees should be protected from wounds.

Early recognition of symptoms that indicate possible decay in trees is the first step. Then, proper treatment can help prevent or minimize damage -- and waste of trees and valuable wood.

A wounded tree is one with defective sprouts, basil decay, improperly pruned branches, large dead branches, branch stubs, or open seams. A tree is considered wounded when the bark is broken so that either its inner bark or wood is exposed to the air.

"Rx For Wounded Trees", a new Forest Service publication offers a prescription for preventing or minimizing the damage caused by decay. Preventative maintenance is the key. This publication, Forest Service Aid 387, is available for $1.35 from the Supt. of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

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Cooking Meat and Poultry

Thawing Frozen Products:

Put wrapped product in refrigerator and thaw completely. Takes several hours. Or may be thawed in water-tight package under cold water. Cook promptly after thawing.

For Unthawed Products:

Allow more time to cook. Example: if a fresh or thawed roast needs 2 hours to cook, a frozen roast the same size may need as much as 3 hours to cook.

Leftovers, Pork, Poultry, Ground Meat:

Heat all the way through.

Using a Meat Thermometer:

Insert thermometer into thickest part of meat—should not be in the fat or touch the bone. For turkeys, insert thermometer into the thick part of the thigh next to body of bird.

COOK TO TEMPERATURES SHOWN
(Thermometer Inserted Into Meat)

FRESH BEEF	
Rare	140° F.
Medium	160 F.
Well Done	170° F.
FRESH VEAL	170° F.
FRESH LAMB	
Medium	170 F.
Well Done	180 F.
FRESH PORK	170° F.
CURED PORK	
Ham, Raw (Cook before eating)	160 F.
Ham, Fully cooked, (To warm)	140 F.
Shoulder (Cook before eating)	170 F.
Canadian Bacon (Cook before eating)	160 F.
POULTRY	
Turkey	180 185 F.
Boneless Turkey Roasts	170 175 F.
Stuffing (Inside or outside the bird)	165 F.

Press fingers on flesh of thigh or breast; if meat is soft, it is done.

Meat and Poultry Inspection Program
Animal and Plant Health Inspection Service
U.S. Department of Agriculture

Storing Meat and Poultry

To Store In Refrigerator: May be stored as purchased in plastic wrap for a day or two. For longer time, remove from store wrapping and wrap loosely in wax paper or plastic film.

To Store In Freezer: Wrap tightly in freezer paper, plastic film, or foil. Freeze.

Leftovers: Freeze or refrigerate as soon as possible.

Canned Meat And Poultry: Read the label, refrigerate if necessary. Otherwise, store in cool, dry place. Do not buy products in bulging or dented cans.

STORAGE TIME *Eating quality drops after time shown*	In refrigerator at 35 to 40 F. DAYS	In freezer at 0 F. MONTHS
FRESH MEATS		
Roasts (Beef and Lamb)	3 to 5	6 to 12
Roasts (Pork and Veal)	3 to 5	4 to 8
Steaks (Beef)	3 to 5	6 to 12
Chops (Lamb)	3 to 5	6 to 9
Chops (Pork)	3 to 5	3 to 4
Ground and Stew Meats	1 to 2	2 to 3
Variety Meats	1 to 2	3 to 4
Sausage (Pork)	1 to 2	2 to 3
PROCESSED MEATS		
Bacon	7	1
Frankfurters	7	½
Ham (Whole)	7	1 to 2
Ham (Half)	5	1 to 2
Ham (Slices)	3	1 to 2
Luncheon Meats	3 to 5	Freezing
Sausage (Smoked)	7	not
Sausage (Dry and Semi Dry)	14 to 21	recommended
COOKED MEATS		
Cooked Meats and Meat Dishes	3 to 4	2 to 3
Gravy and Meat Broth	1 to 2	2 to 3
FRESH POULTRY		
Chicken and Turkey (Whole)	1 to 2	12
Chicken (Pieces)	1 to 2	9
Turkey (Pieces)	1 to 2	6
Duck and Goose (Whole)	1 to 2	6
Giblets	1 to 2	3
COOKED POULTRY		
Pieces (Covered with Broth)	1 to 2	6
Pieces (Not Covered)	1 to 2	1
Cooked Poultry Dishes	1 to 2	6
Fried Chicken	1 to 2	4

FUTURE FOOD SOURCE ——— TOBACCO?

Tobacco, like all things, may have some good -- some bad -- byproducts. Nearly everyone knows about the undersirable components from tobacco smoke. But -- consider the possibility of something good like getting protein from tobacco -- possible? Yes, according to scientists at the U.S. Department of Agriculture's Research Service, who have found a high-quality protein by-product of tobacco production that could become a source of food for humans and for animals. Removing protein from tobacco is a process know as "Homogenized Leaf Curing".

Known as Fraction 1-Protein, this product pure, tasteless, odorless, and colorless ...stable and easy to store. According to the scientists, its nutritional value, based on amino acid composition, is comparable to milk...and surpasses that of soybeans. It can be manufactured in a gel-like form that looks much like soybean curd.

Removing this protein from leaf tobacco also has the added benefit of eliminating undesirable components from tobacco smoke.

A related by-product known as Fraction-2-Protein is a mixture of many soluble proteins, and has potential for use as both human and animal food. This new process has been developed by Dr. T.C. Tso of USDA's Agricultural Research Center at Beltsville, Md. who says that about 20 to 40 pounds of protein per acre could be obtained as byproducts of tobacco production at current yield levels. Continued technical advances may increase the efficiency of tobacco production and produce greater yields of these byproducts.

Dr. Tso projects a worldwide yield of 12.5 billion pounds of tobacco by 1985, and 20 billion pounds by 2000, with no increase in acreage. However, according to Dr. Tso, it would not be economically practical to raise tobacco as a main source of protein. A tobacco plant contains 12 to 17 percent of protein as compared with 42 percent to 44 percent for soybeans. Pilot studies are underway by Dr. Tso and scientists in North Carolina, Kentucky, and Maryland to simplify still further the procedures for removing the proteins.

Photo is one on "Cracker Barrel Days" which shows changes in food stores -- and sanitation methods -- since the U.S. Department of Agriculture was founded more than a century ago.

November 1926 -
The interior of a motor store--a store on wheels -- was a familiar sight in the twenties.

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